



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Elster, Klaus

Club: ohne

Number: 1790

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:39

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 359 (of 686)

Rank in course/Men: 323 (of 543)

Best time in course: 29:39

Rank in category: 56(of 107)

Best time in the category: 39:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:08	5:03	48	2:33	278	4:06	2.00	10:08	5:03	48	2:33	207	4:06
Runde	2.00	10:06	5:02	64	2:09	351	4:09	4.00	20:14	5:03	48	4:39	287	8:15
Runde	2.00	10:08	5:03	58	2:01	328	4:13	6.00	30:22	5:03	48	6:40	247	12:28
Runde	2.00	10:10	5:04	59	2:06	323	4:15	8.00	40:32	5:03	48	8:46	285	16:43
Leichtathletikhaf	2.00	10:07	5:03	64	2:12	352	4:17	10.00	50:39	5:03	56	10:58	323	21:00